

**SMCPS School Age Care Snack Menu 2023-24**

*Menu subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	
August 21 - 25	<b>A.M.</b>		Whole Wheat Pancakes or Waffles w/ low sugar syrup  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>	
	<b>P.M.</b>		Whole Grain Wheat Thins  <i>100% Juice</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>	
August 28 - September 1	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Plain Yogurt Berries  <i>100% Juice</i>	Whole Wheat English Muffins w/jelly  <i>1 % Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Sun Chips  <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & Ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Sept. 4 - 8	<b>A.M.</b>	<b>Closed</b>	Whole Grain Cereal  <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>		Whole Grain Goldfish Crackers  <i>1% Milk</i>	Tortilla Chips & salsa  <i>1% Milk</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Sept. 11 - 15	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Plain Yogurt Berries  <i>100% Juice</i>	Whole Grain Pancakes w/ low sugar syrup  <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Apple Slices  <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch  <i>100% Juice</i>	Tortilla chips & salsa  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Sept. 18 - 22	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Graham Crackers  <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	<b>Closed</b>
	<b>P.M.</b>	Cheese Cubes & Pretzels  <i>100% Juice</i>	Cherry tomatos, broccoli cucumbers w/ ranch  <i>100% Juice</i>	Whole Grain Wheat Thins  <i>1% Milk</i>	Sun Chips  <i>1% Milk</i>	

Sept. 25 - 29	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Tortilla chips & salsa <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Oct. 2 - 6	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Grain Pancakes w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Apple Slices <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Tortilla chips & salsa <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Oct. 9 - 13	<b>A.M.</b>	<b>Virtual Instruction Day Program Closed</b>	Plain Yogurt Berries <i>100% Juice</i>	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>		Whole Grain Goldfish Crackers <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Veggie Straws <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Oct. 16 - 20	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Apple Sauce Graham Crackers <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Cheese Cubes & Pretzels <i>100% Juice</i>	Whole Wheat Tortillas Wraps slice of cheese & meat <i>1% Milk</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Whole Grain Wheat Thins <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
Oct. 23 - 27	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Veggie Straws <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>

Oct. 30 - Nov. 3	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Whole Grain Waffles w/ low sugar syrup	Whole Grain Cereal  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Carrots & Ranch  <i>100% Juice</i>	Whole Grain Goldfish Crackers  <i>1% Milk</i>	Graham Crackers & Cream Cheese  <i>100% Juice</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Nov. 6 - 10	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	<b>Closed</b>
	<b>P.M.</b>	Raisins & Pretzels  <i>1% Milk</i>	Chips & Salsa  <i>1% Milk</i>	Carrots & ranch  <i>100% Juice</i>	Whole Wheat Ritz Crackers & Cheese  <i>100% Juice</i>	
Nov. 13 - 17	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Graham Crackers  <i>1% Milk</i>	Applesauce  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Apple Slices  <i>100% Juice</i>	Veggie Straws  <i>1% Milk</i>	Fruit Cups (100% juice or low sugar)  <i>1% Milk</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Nov. 20 - 24	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Plain Yogurt Berries  <i>100% Juice</i>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
	<b>P.M.</b>	Carrots & Ranch  <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>			
Nov. 27 - Dec. 1	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	String Cheese & Pretzels  <i>100% Juice</i>	Bananas & Vanilla Wafers  <i>1% Milk</i>	Whole Grain Wheat Thins  <i>100% Juice</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>

Dec. 4 - 8	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Applesauce <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Oranges <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Wheat Ritz Crackers & Cheese <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Dec. 11 - 15	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Cheese Cubes & Pretzels <i>100% Juice</i>	Whole Wheat Tortillas Wraps w/ slice of cheese & meat <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Tortilla chips & salsa <i>100% Juice</i>
Jan. 1 - 5	<b>A.M.</b>	<b>Closed</b>	Apple slices <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & Ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Jan. 8 - 12	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Apple Slices <i>1% Milk</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Sun Chips <i>1% Milk</i>	Carrots & Ranch Whole Wheat Ritz Crackers <i>1% Milk</i>
Jan. 15 - 19	<b>A.M.</b>	<b>Closed</b>	Plain Yogurt Berries <i>100% Juice</i>	Fruit Cups (100% juice or low sugar) <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>

Jan. 22 - 26	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Oranges  <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	<b>Closed</b>
	<b>P.M.</b>	Cheese Cubes & Pretzels  <i>100% Juice</i>	Whole Wheat Tortillas Wraps w/ slice of meat & cheese <i>1% Milk</i>	Apple Slices  <i>100% Juice</i>	Whole Grain Wheat Thins  <i>1% Milk</i>	
Jan. 29 - Feb. 2	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Plain Yogurt Berries  <i>100% Juice</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Carrots & Ranch  <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Feb. 5 - 9	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Oranges  <i>1% Milk</i>	Bananas & Vanilla Wafers  <i>1% Milk</i>	Whole Grain Wheat Thins  <i>100% Juice</i>	Veggie Straws  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Feb. 12 - 16	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Plain Yogurt Berries  <i>100% Juice</i>	Oranges  <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	String Cheese & Pretzels  <i>100% Juice</i>	Graham Crackers & Cream Cheese  <i>1% Milk</i>	Carrots & ranch  <i>100% Juice</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Feb. 19 - 23	<b>A.M.</b>	<b>Closed</b>	Graham Crackers & applesauce  <i>1% Milk</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>		Apple slices  <i>1% Milk</i>	Whole Grain Wheat Thins  <i>100% Juice</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>

Feb. 26 - Mar. 1	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/ jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	<b>Closed</b>
	P.M.	Graham Crackers <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	
Mar. 4 - 8	A.M.	Whole Grain Cereal <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Graham Crackers & Cream Cheese <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>1% Milk</i>	Apple Slices <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Mar. 11 - 15	A.M.	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Rice Cakes w/ apple butter or sunflower butter <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Carrots & Ranch <i>100% Juice</i>	Bananas & Vanilla Wafers <i>1% Milk</i>	Graham Crackers & Cream Cheese <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
Mar. 18 - 22	A.M.	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers & raisins <i>1% Milk</i>	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	<b>Virtual Instruction Day Program Closed</b>
	P.M.	Cheese Cubes & Pretzels <i>100% Juice</i>	Veggie Straws <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	
Mar. 25 - 29	A.M.	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
	P.M.					

Apr. 1 - 5	<b>A.M.</b>	<b>Closed</b>	Plain Yogurt Berries  <i>100% Juice</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup  <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>1% Milk</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Apr. 8 - 12	<b>A.M.</b>	<b>Closed</b>	Whole Grain Cereal  <i>1% Milk</i>	Apple Slices  <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>		Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Carrots & ranch  <i>100% Juice</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Apr. 15 - 19	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Graham Crackers  <i>1% Milk</i>	Whole Wheat English Muffins w/ jelly  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Graham Crackers & Cream Cheese  <i>1% Milk</i>	Sliced Apples  <i>1% Milk</i>	Whole Grain Wheat Thins  <i>100% Juice</i>	Tortilla chips & salsa  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>
Apr. 22 - 26	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Plain Yogurt Berries  <i>100% Juice</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup  <i>1% Milk</i>	Bananas Graham Crackers  <i>1% Milk</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Sun Chips  <i>1% Milk</i>	Bananas & Vanilla Wafers  <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers  <i>100% Juice</i>	Fresh Fruit  <i>1% Milk</i>
Apr. 29 - May 3	<b>A.M.</b>	Whole Grain Cereal  <i>1% Milk</i>	Whole Wheat Pancakes or Waffles w/ low sugar syrup	Whole Grain Cereal  <i>1% Milk</i>	Bananas Graham Crackers  <i>100% Juice</i>	Whole Grain Cereal  <i>1% Milk</i>
	<b>P.M.</b>	Chips & Salsa  <i>1% Milk</i>	Whole Grain Goldfish Crackers  <i>1% Milk</i>	Whole Grain Wheat Thins  <i>100% Juice</i>	Sun Chips  <i>1% Milk</i>	Fresh Fruit  <i>1% Milk</i>

May. 6 - 10	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt Berries <i>100% Juice</i>	Whole Wheat English Muffins w/jelly <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	String Cheese & Pretzels <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Fresh Fruit <i>1% Milk</i>
May 13 - 17	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	<b>Closed</b>	Oranges <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Cheese Cubes & Pretzels <i>100% Juice</i>		Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
May 20 - 24	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Applesauce <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>	Apple Slices <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Sun Chips <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>1% Milk</i>	Salad Mix w/ shredded cheese & ranch <i>100% Juice</i>	Veggie Straws & Cheese Cubes <i>100% Juice</i>	Whole Grain Goldfish <i>1% Milk</i>
May 27 - 31	<b>A.M.</b>	<b>Closed</b>	Whole Wheat Pancakes or Waffles w/ low sugar syrup	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>		Bananas & Vanilla Wafers <i>1% Milk</i>	Whole Grain Wheat Thins <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Fresh Fruit <i>1% Milk</i>
June 3 - 7	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Apple slices <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>	Bananas Graham Crackers <i>1% Milk</i>	Whole Grain Cereal <i>1% Milk</i>
	<b>P.M.</b>	Cheese Cubes & Pretzels <i>100% Juice</i>	Tortilla chips & salsa <i>1% Milk</i>	Carrots & ranch <i>100% Juice</i>	Whole Grain Goldfish Crackers <i>100% Juice</i>	Graham Crackers <i>1% Milk</i>

June 10 - 14	<b>A.M.</b>	Whole Grain Cereal <i>1% Milk</i>	Yogurt w/ Berries <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>		
	<b>P.M.</b>	Whole Grain Goldfish <i>100% Juice</i>	Sun Chips <i>1% Milk</i>	Pretzels & Cheese Cubes <i>100% Juice</i>		